- 1. A polishing composition comprising a dispersion of particles, the particles comprising metal compounds and having an average particle diameter from about 5 nm to about 200 nm and a distribution of diameters such that at least about 95 percent of the particles have a diameter greater than about 60 percent of the average diameter and less than about 140 percent of the average diameter.
- 2. The polishing composition of claim 1 wherein 10 the particles are dispersed in an aqueous solution.
  - 3. The polishing composition of claim 1 wherein the particles are dispersed in a nonaqueous solution.
  - 4. The polishing composition of claim 1 wherein the particles comprise a composition selected from the group consisting of  $SiO_2$ , SiC,  $TiO_2$ ,  $Fe_3C$ ,  $Fe_7C_3$ ,  $Fe_2O_3$ ,  $Fe_3O_4$ ,  $MoS_2$ ,  $MoO_2$ , WC,  $WO_3$  and  $WS_2$ .
  - 5. The polishing composition of claim 1 wherein the particles have an average diameter from about 5 nm to about 100 nm.
  - 6. A method of smoothing a surface comprising the step of polishing the surface with the polishing composition of claim 1.
  - 7. The method of claim 6 wherein the polishing is performed with a polishing pad.
  - 8. The method of claim wherein the polishing is performed with a motorized polisher.
  - 9. A polishing composition comprising a dispersion of particles, the particles comprising metal compounds with an average particle diameter from about 5 nm to about 200 nm and a single crystalline phase with a uniformity of at least about 90 percent by weight.
  - 10. The polishing composition of claim 9 wherein the particles comprise a composition selected from the group

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consisting of  $SiO_2$ , SiC,  $TiO_2$ ,  $Fe_3C$ ,  $Fe_7C_3$ ,  $Fe_2O_3$ ,  $Fe_3O_4$ ,  $MoS_2$ ,  $MoO_2$ , WC,  $WO_3$  and  $WS_2$ .

11. The polishing composition of claim 9 wherein the particles have an average diameter from about 5 nm to about 100 nm.

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- 12. The polishing composition of claim 9 wherein the particles have a single crystalline phase with a uniformity of at least about 95 percent by weight.
- 13. The polishing composition of claim 9 wherein
  10 the particles have a single crystalline phase with a purity
  of at least about 99 percent by weight.
  - 14. The polishing composition of claim 9 wherein the particles have a single crystalline phase with a purity of at least about 99.9 percent by weight.
  - of particles, the particles comprising metal compounds or silicon compounds with an average particle diameter from about 5 nm to about 200 nm and effectively no particles with a diameter greater than 1 micron.
  - of particles the particles comprising metal carbides or metal sulfides and having an average particle diameter from about 5 nm to about 200 nm.
- 17. A method of producing SiO<sub>2</sub> particles comprising the step of pyrolyzing a molecular stream comprising a silicon compound precursor, an oxidizing agent and a radiation absorbing gas in a reaction chamber, where the pyrolysis is driven by heat absorbed from a laser beam.
- 18. The method of claim 17 wherein the silicon compound precursor comprises a compound that is selected from the group consisting of CH<sub>3</sub>SiCl<sub>3</sub>.
  - 19. The method of claim 17 wherein the laser beam is supplied by a CO<sub>2</sub> laser.

- .20. The method of claim 17 wherein the molecular stream is generated by a nozzle elongated in one dimension.
- 21. A method of producing iron oxide particles comprising the step of pyrolyzing a molecular stream comprising a iron compound precursor, an oxidizing agent and a radiation absorbing gas in a reaction chamber, where the pyrolysis is driven by heat absorbed from a laser beam.
- 22. The method of claim 21 wherein the iron precursor comprises Fe(CO)<sub>5</sub>.

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